



## January 2026 Prompt:

Create a film, podcast, or art piece about what you wish your parents (or other adults) knew about the warning signs of suicide, what life is like as a young person today, or the importance of supporting youth mental health.



Visit the website for suicide prevention resources for parents and caregivers.



**TikTok Challenge:** Every TikTok submitted in response to prompt receives a \$20 gift card and a chance to win a \$100 grand prize.

**ALL ART FORMS ACCEPTED**

**OPEN TO YOUTH ages 12-25**

**WIN PRIZES**

**SUBMISSION DEADLINE:**  
**January 31, 2026**

## Here are some ideas:

- Sometimes it can be hard to explain how you feel or express what you need when you're going through tough times. If you could write a letter (or send a video message) to a parent/caregiver or another adult about what your life is like as a young person today what would you say? What do you wish they knew about you, your mental health, and the kind of support you need?
- Not every conversation with adults about struggles, mental health or what's going on in your life is easy or goes exactly how we want it to go. Imagine what the perfect conversation with your parents or another adult would look or sound like. What do you wish you could tell them and how would you want them to respond? Create art, a podcast, short video, radio script, or written piece about what that conversation might look like.
- Have you ever felt like the adults in your life don't see you, understand you, support your dreams, or give you the support you need when you're really going through it? Creatively express what you want adults in your life to know and what you wish they did differently.
- What are some generational or cultural differences between yourself and your parents/grandparents/caregivers that you've noticed? How can young people and older generations can come together and have better conversations about mental health and suicide prevention?



**YOUTH CREATING CHANGE**



**HopeandJustice.art**